Exercise Injuries to the Foot & Ankle
Where Do These Injuries Occur?

- Toes
- Forefoot (front of the foot)
- Midfoot (middle of the foot)
- Hindfoot (heel and ankle)
Toe Injuries

- Nail injuries
- Skin injuries
- Bone injuries
Toe Injuries: Nail & Skin

- Bruised toenails
- Ingrown toenails
- Blisters, cuts and abrasions
Toe Injuries: Fractures & Dislocations

- Fractured (broken) toe
- Dislocated toe
- Both
Forefoot Injuries

- Fractures of the metatarsal bones
- Inflamed joints
- Nerve injuries
- Tendonitis
Fractures in the Forefoot

- Stress fracture of the metatarsal bone
- Traumatic fracture of the metatarsal bone
Other Forefoot Injuries

- Inflamed joints
- Nerve injuries
- Tendonitis
Midfoot Injuries

- Lisfranc injuries
  - Sprain
  - Fracture
  - Dislocation
- Painful accessory navicular bone
Hindfoot Injuries

- Heel pain (plantar fasciitis, etc.)
- Haglund’s deformity
- Achilles tendon injuries
- Other tendon injuries
- Ankle sprains
Heel Pain

- Bottom of the heel
  - Plantar fasciitis
  - Stress fracture
  - Nerve entrapment
  - Sever’s disease (in children)

- Back of the heel
  - Heel spur
  - Bursitis
  - Achilles tendon injury
  - Haglund’s deformity
Achilles Tendon Injuries

- Partial tear
- Complete tear (a rupture)
- Achilles tendonitis/Achilles tendonosis
Other Tendon Injuries in the Hindfoot

- Peroneal tendon
  - Tear
  - Subluxation (dislocation)
  - Tendonitis or tendonosis
- Posterior tibial tendon
  - Posterior tibial tendon dysfunction
Ankle Sprains

- Modify activities
  - Stretched
  - Partially or completely torn
- Severity depends on
  - How many ligaments are injured
  - Extent of the damage
- Symptoms
  - Pain, swelling or just feeling wobbly
  - Bruising
  - Difficulty walking
Possible Treatment Strategies

▪ Rest
▪ Icing
▪ Anti-inflammatory medication
▪ Offloading (crutches, etc.)
▪ Physical therapy
▪ Orthotics/braces/modifying athletic shoes
▪ Corticosteroid injections
▪ Surgery
For Foot & Ankle Injuries from Exercise . . . Proper Diagnosis & Effective Treatment are Vital

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